

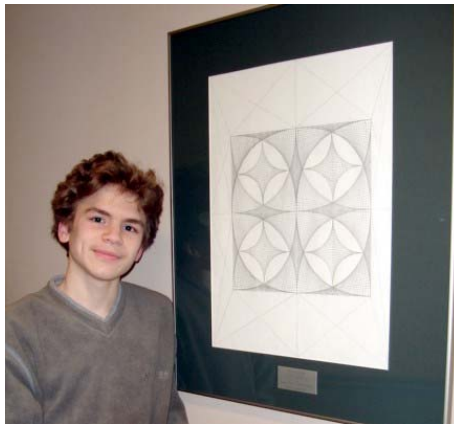


HAND IN HAND

A Community Newsletter of
St. Clair Child & Youth Services

Volume VIII, Issue I

Fall & Winter, 2009/2010



Take Time to Read Between the Lines

St. Clair Child & Youth Services is so pleased to have displayed in its hallways an original piece of artwork created by Jamie Jadischke-Heppler, a grade 10 student at Alexander Mackenzie School. Jamie's detailed line drawing, titled 'Optical Illusion' reminds us that there are many ways to communicate our thoughts and feelings and that we should not be limited to verbal expression alone. His artwork 'draws us in' and 'tells us' that things are 'not always as they seem', encouraging us to 'listen' to each other and 'read between the lines' of our stories that can be so richly shared when given the time and opportunity. It is obvious that Jamie takes pride in his art as noted through the careful detail and precision in his work. May we all take a 'lesson' from his efforts and apply it to our own lives.

Thank You Jamie,

Deborah Gordon, Social Worker, St. Clair Child & Youth Services

Supporting the Early Years

Virginia McEwan, Manager, Community Services

We are fortunate in Lambton County to be one of three demonstration sites for the provincial Best Start initiative. The local Best Start vision is for Lambton and Chatham-Kent communities to be a place "where all children and youth have the opportunity to succeed and reach their full potential." As a result of the implementation of Best Start, our community has increased its capacity to deliver early learning and childcare programs along with a host of early identification and specialized support services. As a local children's mental health centre, St. Clair Child & Youth Services is pleased to be a partner in the Best Start Children's Planning Network. Best Start has allowed us to expand and strengthen existing partnerships, and build new ones. It has also raised the awareness of the community of the critical importance of development in the early years.

Neuroscience and brain research is continuing to uncover astonishing truths about brain development and early experiences that have profound effects on later development. Our ever-increasing understanding of the importance of a child's earliest experiences on actual brain development makes it imperative that our community continues to offer an array of preventative and specialized services. The recently published Best Start Report Card points out that "85% of the brain develops in the first three years of life." We know that early child-parent relationships can and do influence the actual hard-wiring of a child's developing brain. Healthy early parent-child relationships and attachment pave the way for a child's subsequent social development and mental health.

Here at St. Clair Child & Youth Services, our Community Services team offers a range of services to support families with children from birth to six. Services include, but are not limited to: an Infant Development Program delivering Child Check Clinics on an outreach basis at local hubs and drop-ins, as well as in-home support of families of children with or at-risk of delays; a Postpartum Mood Disorder program delivering support services to women who are experiencing postpartum depression and anxiety; the Lochiel Family Drop-In - a unique satellite of the Ontario Early Years program- and Outreach program; and the Regional Zero-to-Six Intensive program, providing specialized mental health intervention for parents of children in the early years.





COMMUNITY BULLETIN BOARD



Thanks to everyone associated with the **Women Face Off For Charity Hockey Tournament**.....as they raised \$20,000.00 this year in support of the Canadian Diabetes Association and St. Clair Child & Youth Services.

Children's Mental Health Week 2009 was celebrated May 2-9. St. Clair Child & Youth Services held a **Kids Matter BBQ**, and our annual **One Stop Mom Shop**. We also organized a children's art contest with the theme, "What It Means to Be Healthy and Happy". Congratulations to First Place winner Taylor Morin, Cathcart Public School. All submissions are currently decorating the hallways at our Kendall Street site. **Children's Mental Health Week 2010** falls on May 1-8.

Parrot Heads on the St. Clair held their annual **Phlocking To The Dock** event at the Sarnia Bay Marina in June. Proceeds from this event were donated to St. Clair Child & Youth Services. Thanks to all the members of the local club for hosting this fun-filled event and for 'giving back' to the community.

The **Sertoma Club** has been a long-time financial supporter of children's mental health through St. Clair Child & Youth Services. They presented a cheque for \$15,000.00 at our Annual General Meeting in June.

The M&M BBQ fundraiser for the Community Girls' Home took place on August 14. Many thanks to all who volunteered and/or came out for lunch in support of a great cause. Special thanks to **Lakeshore M&M Meat Shop** for hosting the event.

Our newly formed **Youth Council** worked hard at getting the word out about mental health via their **Battle of the Bands** event on August 17. Special thanks to **Swagelok Southwestern Ontario** for sponsoring this event.

The 3rd Annual **Tom Hutchinson Memorial Golf Tournament** took place on August 29. Proceeds to St. Clair Child & Youth Services. Many thanks to the Hutchinson family for their generous donation in memory of Tom.

Our annual **Volunteer Appreciation BBQ** was held on September 16 at our Kendall Street location, where we were able to say a big THANK YOU for their assistance. We are always thankful for our volunteers....if you are interested in



Volunteers work at painting a room at Kendall Street.



Cheryl Cassin accepts a cheque from Dr. Kaila.



Thanksgiving at Canatara Park



Sarah and Jack Hutchinson present a cheque to E.D. Rick Shields.



Scouts volunteer by assembling boxes.

volunteering for our agency, give us a call at (519) 337-3701.

The **United Way Day Of Caring** took place on September 22. Thanks to all those volunteers from numerous businesses who took the time to contribute to the improvement of all three of our agency sites.

Our thanks to **Dr. Kaila and the Blue Water Surgical Centre** for their generous donation as a result of their Movie Release for "Ganesh, Boy Wonder", on October 9.

This was our 6th annual **Thanksgiving at Canatara Park** with 79 people enjoying a wonderful meal. As always the weather was comfortable & without rain. The children enjoyed a craft, the playground & a visit to the Animal Farm as well as the delicious meal. A donated dessert was what the parents paid to enjoy this festivity. This event was made possible with the help of staff and our volunteers from St. Clair Child & Youth Services as well as other volunteers from the community.

The annual **Royal LePage Pumpkin Drive** was a great success again this year. Thanks to all who purchased pumpkins in support of our Community Girls' Home! Special thanks to Royal LePage for spearheading this event.

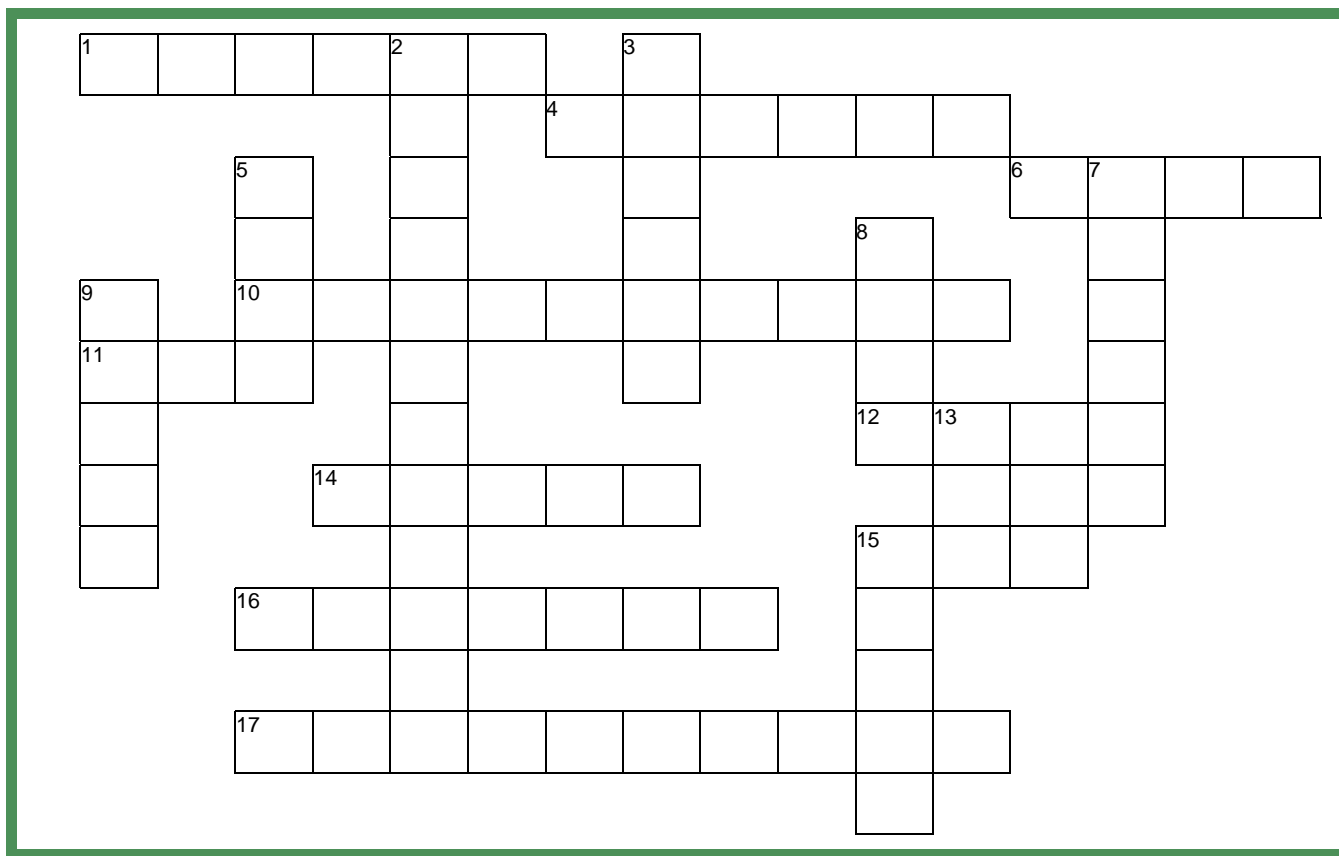
TransAlta Community Transformer (T.A.C.T.) Team has generously donated \$2,000 to St. Clair Child & Youth Services, in support of the Summer Work Experience Program taking place through the agency's residential program, the Community Girls' Home. Many thanks to the T.A.C.T. Team for their continued support of this initiative.

Thanks to everyone who purchased lunches for our **Annual Box Lunch Social 2009**. Our dedicated 'army of volunteers' worked diligently to prepare and deliver lunches throughout Sarnia-Lambton. Mark your calendars and 'have lunch with us' on Thursday, **April 15, 2010** for this very popular fundraising event!

...and **THANK YOU** to all the other individuals, churches, service clubs and businesses who contribute to our agency. It is through the generosity of our community that we are able to augment our services and programs at St. Clair Child and Youth Services. You are appreciated!!



CROSSWORD PUZZLE: "A Bit About St. Clair Child & Youth Services"



ACROSS:

1. Temper Tricking, Incredible Years, Common Ground, Triple P, and COPE are some of the _____ we offer to children, youth, and/or families.
4. St. Clair Child & Youth Services is funded in part by the Sarnia-Lambton _____ Way, an organization that works with hundreds of local volunteers towards the improvement of programs and services offered by community agencies.
6. Sometimes "the baby blues" can escalate to Post Partum Mood Disorder, commonly known as _____. We offer support to women who are experiencing emotional difficulties while adjusting to a new baby.
10. We offer a Unique Satellite Ontario Early Years Centre, Lochiel Family Drop-In Centre, and Community Outreach Program, as part of our _____ Services.
11. _____ in five kids in Ontario struggles with their mental health.
12. A cat lives at the Community Girls' Home, which adds to the home-like setting of the residence. His name is _____.
14. Our agency has been serving children and their families for over thirty-_____ years.
15. The Community Girls' Home is a sixteen-_____ therapeutic residential facility for adolescent females.
16. This street in Point Edward houses our main office.
17. Our services depend on these caring people.

DOWN:

2. Services at St. Clair Child & Youth Services are provided by trained, _____ staff.
3. We provide services to children from the _____ stage through to adolescence, and their families.
5. It is our mission to help children and youth _____ with and adapt to life's challenges.
7. Our Box Lunch Social mascot is the famous _____.
8. Our Family Solutions program is an intervention service that takes place in the _____.
9. St. Clair Child & Youth Services provides early intervention, prevention, residential and non-residential services to children and _____ in Sarnia Lambton.
13. Zero to six is the _____ range for the "Regional Zero to Six Intensive Program", a support and intervention to families with children experiencing early onset of mental health difficulties.
15. Our agency is governed on a voluntary basis by a dedicated _____ of directors.

ANSWERS: Across—(1) groups, (4) United, (6) PMMD, (10) Prevention, (11) One, (12) Earl, (14) eight, (15) bed, (16) Kendall, (17) volunteers
 Down—(2) professional, (3) infant, (5) cope, (7) pickle, (8) home, (9) youth, (13) age, (15) board



**St. Clair
Child & Youth
Services**

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*“Serving Children,
Building Stronger Families”*



Sarnia Lambton Chamber
of Commerce Outstanding
Business Achievement
Award nominee
(2008, 2009)

*Not a regular recipient of Hand in Hand?
Don't miss out... simply get in touch
with us and we'll gladly add your name
to our mailing and/or email lists.*

A special thank you goes out to **Chef Alastair MacKay and the students in the Culinary Management Program and Apprenticeship Program at Lambton College** for creating batches and batches of wonderful gingerbread cookies.



Every child and youth client who comes into the agency in the weeks leading up to Christmas will receive one as a treat.



St. Clair Child & Youth Services gratefully acknowledges the financial assistance of Sarnia Community Foundation. Thanks to a generous grant, our Prevention Team was able to arrange Advanced First Aid and CPR training for families in our Outreach Program.

Participants have stated that this training has made them feel better prepared to face potential emergencies in their families and neighbourhoods.



Always Available... Handmade Greeting Cards

Handmade greeting cards for every occasion are available at our Kendall Street location, and at Wine Kitz (Murphy Road), and Gray's Flowers & Gifts (Petrolia). Special orders and volunteers for card-making are welcome!



This summer, a group of youth came together to form the Youth Council for St. Clair Child and Youth Services. On August 17th, 2009 we put on Band Stand, a battle of the bands competition aiming to raise awareness for youth mental health. The event was a huge success and we are hoping to make it an annual event. A big thank you goes out to all our volunteers, bands, and dedicated staff members who helped us make this event a memorable one. If you are interested in being a part of Youth Council, please email stclairyc@gmail.com

Kids Corner

**We asked some kids...
“What does the
H1N1 flu bug looks like?”
Here are some great
responses...**

• **Ryleigh** (girl / 8 yrs old): *“The H1N1 flu bug is very, very tiny and clear in colour...that’s why you can’t see it.”*



• **Alex** (boy / 7 yrs old): *“I bet the flu bug has antennas and lots of tickly legs that make you cough a lot.”*



• **Jack** (boy / 7 yrs old): *“It’s so small that you can’t see what it looks like...You would need a giant microscope to really see it...I’m sure it’s got lots of bumps and spots.”*



• **Tianna** (girl / 5 yrs old): *“I bet it looks like a real bug with lots of prickly legs and little eyes. Its germs make you feel really sick.”*



• **Skylar** (girl / 4 yrs old): *“I don’t know...but if it bites you...you get the flu.”*



A GREAT WAY TO GIVE...

Birthdays ~ Holidays ~ Anniversaries ~ Thank You's



Do you wish to give a gift to someone special but don't know what to give them? Consider making a donation in their honour to **St. Clair Child & Youth Services**. Simply print out the card, put the top portion of the card in your special person's greeting card and remit the bottom portion with your payment to St. Clair. This is a great gift for that person who "has everything" and helps out children and families in our community.

The card is on the next page...

If you are unable to print it out and/or require more cards, please contact us and we will provide them for you. 519-337-3701, ext. 278

***“A donation
to St. Clair Child
& Youth Services
was made in your
honour.”***



**St. Clair
Child & Youth
Services**



**129 Kendall Street,
Point Edward, ON N7V 4G6
Ph: 519-337-3701
www.stclairchild.ca**

SERVING CHILDREN, BUILDING STRONGER FAMILIES.

**Celebrating over 35 years of service
to children, youth and families in the
Sarnia - Lambton Community.**

Send this portion, along with your donation, to:
St. Clair Child & Youth Services
129 Kendall St., Point Edward, ON N7V 4G6

Please accept this donation in honour of:

Amount Donated: \$ _____

Please forward receipt to:

Name: _____

Address: _____
